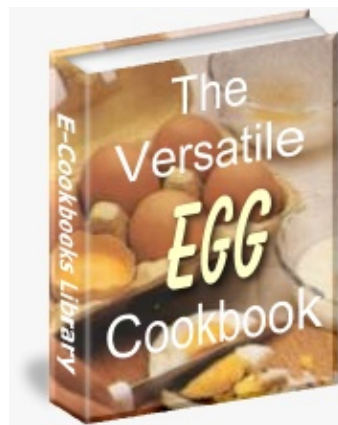


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The Versatile Egg Cookbook

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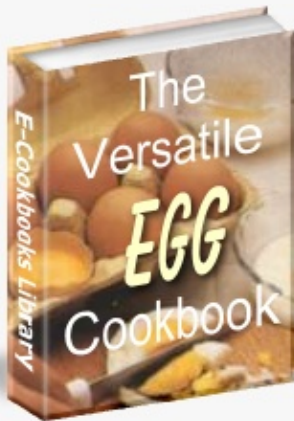
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"The Versatile Egg Cookbook"

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APPLE RAISIN BREAD PUDDING

- 2 tablespoons butter
- 2 cups chopped cored cooking apples (about 2 medium)
- 3 cups day-old bread cubes (about 3 slices)
- 1/2 cup raisins
- 4 eggs
- 2 cups skim or low-fat milk
- 1/3 cup firmly-packed brown sugar
- 1 teaspoon vanilla
- 3/4 teaspoon pumpkin pie spice
- Whipped cream, whipped topping or ice cream, optional
- Apple wedges, optional

In small saucepan over medium heat, melt butter. Stir in chopped apples. Cover and cook over medium heat, stirring occasionally, until slightly soft, about 5 to 7 minutes. In shallow

1 1/2-quart casserole, lightly toss together apples, bread cubes and raisins. In medium bowl, beat together eggs, milk, sugar, vanilla and spice until sugar is dissolved. Pour over apple mixture. Cover and refrigerate several hours or overnight.

Bake in preheated 350°F oven until knife inserted near center comes out clean, about 45 to 55 minutes. Serve hot, warm, or chilled garnished with whipped cream and/or apple wedges, if desired.

ARROZ CON HUEVOS

- 1 cup water
- 1/2 cup rice
- 1/4 cup chopped onion
- 1 clove garlic, minced
- 1/2 teaspoon salt, optional
- 1/2 cup chopped green pepper
- 2 tablespoons bottled taco sauce or salsa
- 1/2 cup chopped tomato
- 4 eggs
- 1/4 cup (1 oz.) shredded reduced-fat Cheddar cheese

In medium saucepan stir together water, rice, onion, garlic and salt, if desired. Cover. Over high heat, bring to boiling. Reduce heat to keep water simmering. About 10 minutes before rice is done (check rice package for total cooking time needed), stir in green pepper and taco sauce. Re-cover and cook until rice is tender, about 10 minutes longer. Stir in tomato. Remove from heat, cover and keep warm while poaching eggs.

In saucepan or deep omelet pan, bring 2 to 3 inches of water to boiling. Reduce heat to keep water gently simmering. Break cold eggs, 1 at a time, into custard cup or saucer or break several into bowl. Holding dish close to water's surface, slip eggs, 1 by 1 into water. Cook until whites are completely set and yolks begin to thicken but are not hard, about 3 to 5 minutes. With slotted spoon, lift out eggs. Drain in spoon or on paper towels and trim any rough edges, if desired.

To serve, spoon 1/4 (1/2) of the reserved rice mixture onto each of 4 (2) plates. Top each with 1 (2) of the poached eggs, sprinkle each egg with 1 tablespoon of the cheese.

ASPARAGUS TOMATO QUICHE

1 (10-inch) pie shell, partially baked
4 large eggs, beaten
3 T. flour
1 tsp. paprika
1 tsp. salt
1/2 tsp. dry mustard
1 1/2 C. half-and-half
2 C. grated Swiss cheese
10 fresh asparagus spears, washed and trimmed
1 medium tomato, sliced into 4 (1/4-inch) slices

Preheat oven to 375°F.

Beat eggs with next 4 ingredients; stir in cheese.

Saving 6 asparagus spears for the top, chop the rest into 1-inch lengths; lay on bottom of pie shell. Pour in liquid. Bake for 20 minutes. Remove and quickly arrange tomato and asparagus on top in a wagon wheel pattern; bake another 20 to 30 minutes.

ASPARAGUS CREPES MORNAY

- 8 Crepes (recipe follows)
- Mornay Sauce (recipe follows)
- 1 pound fresh asparagus spears, cleaned and trimmed
- Cooking spray
- 6 hard-cooked eggs, chopped
- Parsley sprigs, optional

Prepare Crepes and Mornay Sauce. Steam or cook asparagus in small amount of boiling water just until crisp-tender, about 10 to 15 minutes. Drain. Divide asparagus spears among crepes.

Evenly coat 13 x 9 x 2-inch baking dish with spray. Set aside.

Stir eggs into 1/2 cup of the Mornay Sauce until combined. Spoon about 2 to 3 tablespoons of the egg mixture evenly over asparagus on each crepe. Roll up crepes. Place in prepared baking dish. Pour remaining Mornay Sauce over crepes. Bake in preheated 350°F oven until hot and bubbly, about 15 to 20 minutes. Garnish with parsley, if desired.

Crepes

- 2 eggs
- 1/3 cup skim milk
- 1/3 cup water
- 2 tablespoons butter, melted
- 1/2 cup all-purpose flour
- Melted butter, cooking oil or cooking spray

In mixing bowl, beat eggs, milk, water and 2 tablespoons melted butter with mixer, rotary beater or wire whisk until well blended. Add flour. Beat until smooth.

Heat 8- to 10-inch omelet or crepe pan over medium-high heat until just hot enough to sizzle a drop of water. Brush pan lightly with melted butter. For each crepe, pour in just enough batter (about 2 tablespoons for 8-inch pan OR scant 1/4 cup for 10-inch pan) to cover bottom of pan, tipping and tilting pan to move batter quickly over bottom. Cook until lightly browned on bottom and dry on top. Remove from pan or, if desired, turn and brown other side. Brush pan lightly with melted butter as needed to prevent

sticking. Stack crepes between layers of waxed paper, if desired, until ready to fill.

Mornay Sauce

- 1 1/2 cups skim milk
- 3 tablespoons flour
- Dash pepper
- 3/4 cup (3 oz.) shredded reduced-fat Swiss cheese
- 3 tablespoons grated Parmesan cheese
- 2 tablespoons dry vermouth, white wine or lemon juice

In covered jar or blender container, shake or blend together milk, flour and pepper. In medium saucepan over medium-high heat, cook, stirring constantly, until mixture boils and is smooth and thickened. Remove from heat. Stir in cheeses until Swiss cheese is melted. Stir in vermouth.

AUTUMN PUMPKIN SOUFFLE

- Cooking spray or butter
- Sugar
- 6 eggs, separated
- 3/4 teaspoon cream of tartar
- 1/2 cup sugar
- 1/2 cup canned solid pack pumpkin
- 1/2 teaspoon pumpkin pie spice
- Crushed ginger snaps, optional

Spray 4 (8 oz.) souffle dishes. Dust with sugar. Set aside.

In large bowl, beat egg whites with cream of tartar until foamy. Add sugar 2 tablespoons at a time, beating constantly until sugar is dissolved and whites are glossy and stand in soft peaks. Set aside. Beat egg yolks until thick and lemon-colored. Thoroughly fold in pumpkin and spice. Gently fold yolk mixture into beaten whites. Spoon into prepared dishes. Place cups in baking pan. Fill pan with very hot water to within 1/2 inch of top of dishes.

Bake in preheated 375°F oven until puffy and delicately browned, about 15 to 20 minutes.

Top with crushed gingersnaps, if desired.

AVOCADO EGG SCRAMBLE

- 1 avocado
- Salt
- 8 eggs
- 1/2 C. dairy sour cream
- 1 tsp. seasoned salt
- 1/4 tsp. pepper
- 1 T. butter

Cut avocado lengthwise into halves, remove seed and skin. Dice avocado and sprinkle lightly with salt. Beat eggs with sour cream, seasoned salt and pepper. Melt butter in skillet, tipping to coat all sides. Add egg mixture and cook slowly, stirring now and then. When almost set, carefully fold in avocado. Serve at once.

BACON & EGG BREAKFAST ROLLS

For a hearty start to the day, stuff a roll with some favorite foods, Get your Vitamin C, too, by serving with orange segments or adding tomato slices to the sandwich.

- 6 uncut Kaiser rolls
- 3 slices bacon
- 1 cup sliced fresh mushrooms (about 4 oz.)
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 6 eggs
- 1/4 cup skim or low-fat milk
- 6 thin slices lean cooked ham
- 6 thin slices reduced-fat Swiss or Muenster cheese

Slice tops off rolls about 3/4 inch from top. With a fork, scrape out the insides of bottom, leaving about 1/2-inch wall all around. Save crumbs for another use. Set rolls aside.

In 10-inch omelet pan or skillet over medium heat, cook bacon until crisp. Drain well. Crumble. Pour off and discard fat. Add mushrooms, onions and pepper to pan. Cook until tender but not brown, about 5 minutes. Stir in drained bacon.

In medium bowl, beat together eggs and milk until blended. Pour into pan over vegetables. As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large soft curds. Continue until eggs are thickened and no visible liquid egg remains. Do not stir constantly.

Spoon egg mixture into hollows of reserved rolls. Top each roll with 1 slice each of ham and cheese. Broil about 6 inches from heat until cheese is melted, about 3 minutes. Cover with reserved roll tops.

BAKED EGGS ON CREAMED SPINACH

- 1 bunch spinach (about 3/4 lb.)
- 2 T. minced onion
- 1 T. unsalted butter
- 3 T. heavy cream
- Freshly grated nutmeg to taste
- 2 large eggs

Preheat oven to 400°F and butter two 1/3- to 1/2-cup ramekins.

Discard coarse stems from spinach. In a 2- to 3-quart saucepan of boiling salted water cook spinach 2 minutes and drain in a sieve, pressing with back of a large spoon to remove as much water as possible. Finely chop spinach.

In a small nonstick skillet cook onion in butter over moderately low heat, stirring, until softened. Stir in spinach, cream, nutmeg, and salt and pepper to taste and cook, stirring, until hot. Divide creamed spinach between ramekins and break an egg into each. On a baking sheet bake eggs in upper third of oven until whites are cooked through, or until desired doneness, about 12 minutes. (The yolks will not be fully cooked, which may be of concern if there is a problem with salmonella in your area.) Season eggs with salt and pepper and serve immediately. Serves 2.

BASIC HARD-COOKED EGGS

Place the number of eggs desired, 2 tablespoons water per egg and a pinch of salt in a pan with a tight-fitting lid. Place covered pan on heating unit and turn heat to high until steam appears. Turn off heat but leave pan on unit for 25 minutes. Plunge eggs into ice water to cool. Peel immediately. Yolks will not darken by this method.

CAJUN QUICHE

- 1/2 cup uncooked rice
- 1 can (16 oz.) stewed tomatoes, undrained
- 2 tablespoons butter, divided
- 1/2 cup (4 oz.) chopped chicken livers
- 6 eggs, divided
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 1/2 cup chopped onion
- 1 cup skim or low-fat milk
- 1 teaspoon garlic salt
- 3/4 teaspoon basil leaves, crushed
- 3/4 teaspoon thyme leaves
- 1/4 teaspoon ground red pepper
- 1/4 teaspoon ground black pepper

In medium saucepan, stir together rice and tomatoes. Bring to boiling. Cover and cook over low heat until rice is tender and liquid is absorbed, 15 to 20 minutes.

In skillet over medium heat, cook chicken livers in 1 tablespoon of butter until tender but not brown, 1 to 2 minutes. Beat 1 egg. Stir in cooked rice and livers. Press mixture onto bottom and up sides of greased 9-inch pie plate, forming thick edge around rim. In same skillet cook celery, green pepper, and onion in remaining butter until tender, 3 to 5 minutes. Sprinkle into rice crust. Beat together remaining eggs, milk, and seasonings. Pour over vegetables. Bake in preheated 375°F oven until knife inserted near center comes out clean, about 30 to 40 minutes. Let stand 5 minutes before serving.

CHOCOLATE ALMOND MOUSSE

- 3/4 cup milk
- 4 eggs
- 1/4 cup sugar
- 1 package (6 oz.) semi-sweet chocolate pieces
- 1 teaspoon vanilla
- 1/2 teaspoon almond extract
- 2 to 3 tablespoons slivered almonds

In medium saucepan, stir together milk, eggs and sugar until thoroughly blended. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film and reaches at least 160°F. Remove from heat. Stir in chocolate and flavorings until chocolate is melted. Spoon into 8 pot de creme cups or 1/4-cup dessert dishes. Sprinkle with almonds. Refrigerate several hours or overnight.

MICROWAVE: In small bowl, stir together eggs and sugar until thoroughly blended. In 1-cup liquid measure, cook milk on full power until bubbles form at edges, about 2 1/2 minutes. Stir into egg mixture. Cook on 50% power, stirring every minute, until mixture is thick enough to coat a metal spoon with a thin film and reaches at least 160°F, about 3 to 4 minutes. Continue as above.

CHOCOLATE ZUCCHINI CAKE

- 2 1/4 cups all-purpose flour
- 1/4 cup unsweetened cocoa
- 2 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon salt, optional
- 1 cup sugar
- 1/2 cup butter or margarine, softened
- 3/4 cup applesauce
- 4 eggs
- 1 tablespoon vanilla
- 2 cups shredded zucchini (about 1 1/2 to 2 small, 10 oz.)
- Confectioners' sugar

In medium bowl, stir together flour, cocoa, baking powder, baking soda, cinnamon and salt, if desired. Set aside. In large mixing bowl at medium speed, beat together sugar and butter until light and fluffy. Beat in applesauce, eggs and vanilla until thoroughly blended. Reduce mixer speed to low and gradually beat in reserved flour mixture. Gently stir in zucchini. Pour into lightly greased 9-cup fluted tube pan.

Bake in preheated 350°F oven until cake tester inserted in center comes out clean, about 60 to 70 minutes. Cool on wire rack 10 minutes. With narrow spatula or knife, loosen cake from pan and gently shake onto serving plate. Cool completely. Dust with confectioners' sugar.

CINNAMON NOODLE KUGEL

- Cooking spray
- 4 oz. Neufchatel cheese
- 4 oz. fat-free ricotta cheese
- 1/2 cup sugar
- 4 eggs
- 1 cup skim or low-fat milk
- 1/2 cup (1 stick) butter or margarine, melted
- 1/2 teaspoon ground cinnamon
- 8 oz. dry egg noodles, cooked according to package directions
- Additional ground cinnamon, optional

Preheat oven to 350°F Evenly coat a 1 1/2-quart casserole dish with cooking spray.

In large bowl, beat together cheeses until light and fluffy. Gradually beat in sugar until thoroughly blended. Beat in eggs, one at a time, until blended. Gradually beat in milk, butter, and cinnamon until smooth, Stir in noodles. Pour mixture into prepared casserole dish, smoothing top and sprinkling with extra cinnamon, if desired, Bake until thermometer inserted near center registers at least 160°F and kugel is light golden brown, about 35 to 40 minutes. Allow to cool 10 minutes before serving.

COMPANY SCRAMBLED EGGS

- 1 (2 1/2 oz.) jar Armour® Star Sliced Dried Beef, rinsed, chopped
- 1 C. sliced mushrooms
- 4 T. butter or margarine
- 6 eggs
- 1/3 C. milk
- Dash of salt
- Dash of pepper
- 1 T. chopped parsley

In fry pan, cook dried beef and mushrooms in 3 tablespoons butter or margarine 10 minutes. Remove mixture, keeping warm. Add remaining butter or margarine to pan. Combine eggs, milk, salt and pepper; pour into pan. Cook slowly, stirring until eggs are thickened but moist; remove to serving platter. Top with dried beef mixture; sprinkle with parsley. Makes 4 servings.

CRANBERRY PUFF PANCAKE

- 3 eggs
- 1/2 cup milk
- 1/4 cup all-purpose flour
- 1/4 cup sugar, divided
- 1/2 teaspoon vanilla
- 1/2 teaspoon orange extract
- 1 tablespoon butter
- 1/4 teaspoon ground nutmeg
- 1 cup fresh cranberries
- Confectioners' sugar

In medium bowl, beat together eggs, milk, flour, 1 tablespoon of the sugar and flavorings.

In 8 to 10-inch omelet pan or skillet with oven proof handle* over medium heat, melt butter. Stir in remaining sugar and nutmeg. Arrange cranberries over sugar mixture. Cook until berries pop, 3 to 4 minutes. Carefully pour batter over cranberries.

Bake in preheated 425°F oven until golden brown and sides are puffy, about 10 to 15 minutes. Sprinkle with confectioners' sugar. Serve immediately.

**To make handle oven proof, wrap with aluminum foil.*

CREAM CHEESE SCRAMBLED EGGS

- 12 eggs
- 1 C. light cream or half-and-half
- 6 oz. cream cheese, cubed
- 3/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1/4 C. plus 2 T. butter or margarine

Combine first 5 ingredients in container of electric blender; cover and blend at medium speed until frothy (about 10 seconds).

Melt butter in a large heavy skillet over medium heat; add egg mixture. Cook over low heat until eggs are partially set, lifting edges gently to allow uncooked eggs to flow underneath. Cook until eggs are set but still moist (9 to 12 minutes). Yields 8 servings.

CUBAN EGGS

- 8 hard-cooked eggs
- 1 cup (4 oz.) shredded sharp
- Cheddar cheese, divided
- 3 tablespoons non-fat milk
- 1/2 teaspoon salt, optional
- Dash pepper
- 1/2 cup chopped onion
- 1/2 cup chopped sweet green pepper
- 1 tablespoon butter
- 2 cans (8 oz. each) no-salt-added tomato sauce
- Hot cooked rice, optional
- Parsley sprigs, optional

Preheat oven to 350°F. Cut eggs in half lengthwise. Remove yolks and set whites aside. In small bowl, mash yolks with fork. Stir in 1/2 cup of cheese, milk, salt, and pepper until well blended. Fill each white with one heaping tablespoon yolk mixture. Place in 8x8x2-inch baking dish.

In medium saucepan over medium heat, cook onion and pepper in butter until crisp-tender, about 3 minutes. Stir in tomato sauce and bring to boiling. Pour over eggs. Sprinkle with remaining cheese. Bake until hot and bubbly and cheese is melted, about 15 minutes. Serve over rice and garnish with parsley, if desired.

CURRIED EGG PUFFS

- 1 teaspoon butter
- 1 teaspoon curry powder
- 2 tablespoons finely chopped sweet red pepper
- 2 tablespoons finely chopped green onions with tops
- 1 can (2 oz.) sliced mushrooms, drained and finely chopped
- 8 eggs, well beaten
- 1/2 package (17.25 oz.) frozen puff pastry, thawed

In 10-inch omelet pan or skillet, over medium heat, melt butter until just hot enough to sizzle a drop of water. Cook, stirring occasionally until pepper is crisp tender, about 1 to 2 minutes. Stir in curry powder and vegetables. Reserve 3 to 4 tablespoons beaten egg. Pour remaining egg over vegetables.

As mixture begins to set, gently draw inverted pancake turner completely across bottom and sides of pan. Continue until eggs are thickened and no visible liquid egg remains. Break up any large curds. Remove from heat.

On lightly floured surface, roll 1 sheet of pastry into 15 x 15-inch square. Brush with some of the reserved beaten egg. Cut rolled pastry in half. Place one half on baking sheet. Dollop tablespoonsful of egg mixture onto pastry in 3 lengthwise rows of 5 each about 1 inch apart. Top with other half of rolled pastry. Press outside edges together to seal. Firmly press pastry together in lines between dollops. Brush with more of the beaten egg, cut into squares at centers of pressed lines. Bake in preheated 375°F oven until puffed and golden brown, about 30 minutes. Repeat with second pastry sheet.

DENVER QUICHE

- 4 ounces (about 2 cups) fine egg noodles, cooked and drained
- 1 cup chopped green peppers
- 3 tablespoons chopped onion
- 1 tablespoon water
- 1 cup (4 oz.) chopped cooked lean ham
- 6 eggs
- 1 cup nonfat or low-fat (1%) milk
- 2 teaspoons prepared mustard

To form crust, press noodles over bottom and up sides of lightly greased deep 9-inch quiche dish or pie plate.

In small covered saucepan over medium heat, cook peppers and onion in water until peppers are crisp-tender. Stir in ham. Sprinkle evenly over noodle crust. Beat together eggs, milk and mustard until thoroughly blended. Carefully pour over vegetables and ham.

Bake in preheated 375° F oven until puffed in center and knife inserted near center comes out clean, about 30 to 40 minutes. Let stand 5 minutes before serving.

DEVEILED EGGS

- 6 eggs
- Dash of salt
- Dash of pepper
- 1/4 tsp. mustard
- Celery seeds
- 1 1/2 to 2 1/2 T. mayonnaise
- Paprika
- Green olives, sliced

Hard boil eggs. Cool 10 minutes and remove shells. Cut into halves lengthwise and remove yolk. Cream yolk, salt, pepper, mustard and mayonnaise. Put 1/2 teaspoonful into egg whites and garnish with olive slices and paprika. Makes 12.

DEVILISH DEVEILED EGGS

- 6 eggs, hardboiled
- 1 (2 1/4 oz.) can deviled ham
- 1/2 C. mayonnaise
- 1/3 C. chopped green olives
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. prepared mustard

Cut eggs in half. Spoon out yolk and place in small bowl. Place egg whites on serving plate. Mash yolks. Add remaining ingredients. Mix well. Spoon mixture into egg whites. Garnish with paprika or parsley, if desired. Chill.

DILLY VEGGIE DUNK

- 1 cup low-fat sour cream, sour half & half or plain yogurt
- 1 tablespoon instant minced onion
- 1/2 teaspoon dried dill weed
- 1 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 garlic salt
- 2 drops hot pepper sauce
- 3 hard-cooked eggs , sliced
- Fresh dill weed, optional
- Fresh vegetable dippers

Combine all ingredients except eggs, fresh dill weed and dippers. Beat until well blended. Reserve 2 center hard-cooked egg slices for garnish. Chop remaining eggs. Stir chopped eggs into sour cream mixture. Cover and chill to blend flavors. Garnish with reserved egg slices and dill weed, if desired. Serve with fresh vegetable dippers.

DOUBLE CORN BRUNCH BAKE

- 1 teaspoon butter or cooking oil
- 1/2 cup chopped onion
- 1 can (15.2 oz.) whole kernel corn, undrained
- Water
- 1/2 cup cornmeal
- 1/2 cup milk
- 6 eggs
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt, optional
- Bottled salsa, taco sauce, chili sauce, tomato sauce or catsup

In medium saucepan over medium heat, cook onion in butter, stirring occasionally, until tender, about 4 to 5 minutes. Meanwhile, drain corn, reserving liquid. Add water to liquid to make 1 cup. Add liquid mixture and cornmeal to onions. Cook and stir until mixture boils. Remove from heat. Thoroughly blend in milk and eggs. In small bowl, stir together flour, baking powder and salt, if desired. Stir into cornmeal mixture. Pour into greased 9 x 9 x 2-inch baking pan.

Bake in preheated 350° F oven until knife inserted near center comes out clean, about 25 to 30 minutes. Top with salsa to taste. To serve, cut into squares.

EASY EGGS BENEDICT

- 1 can cream of mushroom or cream of shrimp soup, undiluted
- 1/2 C. milk
- 1 T. dry sherry
- 1/4 tsp. white pepper
- 6 eggs
- Salt, if desired
- 1 C. shredded sharp Cheddar cheese
- Paprika
- 6 English muffin halves, toasted and buttered

Mix soup, milk, sherry and white pepper until smooth. Spread about 1/3 mixture in bottom of a buttered glass casserole. With spoon make 6 indentations, spaced evenly in sauce. Then break eggs carefully into indentations. Sprinkle eggs with salt if desired. Cover eggs with remaining sauce. Top with cheese and sprinkle with paprika. Bake, uncovered, at 325°F until eggs are set about 15 to 20 minutes. Serve on toasted English muffins.

EASY SOUFFLÉ

- 1 (10 3/4 oz.) can Campbell's Condensed Cream of Celery Soup
- 1 C. shredded sharp process cheese
- 6 eggs, separated

In saucepan, combine soup and cheese. Heat slowly until cheese melts. Stir occasionally. Remove from heat. Beat egg yolks until thick and lemon-colored; gradually stir in soup mixture.

In large bowl, using clean beater, beat egg whites until stiff peaks form; fold in soup mixture. Pour into ungreased 2-quart casserole. Bake at 300°F for 1 hour to 1 hour 15 minutes or until soufflé is brown.

Serve immediately. Makes 4 to 6 servings.

EGGS BENEDICT

- 4 egg yolks
- 1/2 lb. lightly salted butter (at room temperature)
- 1 T. lemon juice
- 1 T. water
- Dash of Tabasco® sauce
- 3 T. white vinegar
- Dash of salt
- 4 eggs
- 4 English muffins
- 4 slices ham or Canadian bacon
- Dash of paprika

Prepare sauce first by beating egg yolks with a wire whisk in a double boiler. Over low heat add pieces of butter a little at a time, beating until dissolved. After all butter has been combined, add lemon juice and water. Raise heat to almost boiling, stirring constantly with a wooden spoon until thickened. Add a dash of Tabasco® sauce.

Next, prepare eggs. Experiment with egg first. Into a large boiler put 6 inches of water, vinegar and salt. Heat water until just boiling. Stir water and ease egg into water. Cook for 1 3/4 to 2 1/2 minutes. Keep water swirling. Remove eggs with a slotted spoon. Toast muffins; top with ham or Canadian bacon; toast again. Add egg, sauce and paprika to toasted muffin.

EGG CHAMPIGNONS

- 24 large fresh mushrooms (about 1 1/2 inches diameter)
- 6 hard-cooked eggs*, finely chopped
- 1/4 cup fine dry bread crumbs
- 1/4 cup (1 oz.) crumbled blue cheese
- 2 tablespoons finely chopped green onion with top
- 2 tablespoons dry white wine or chicken broth
- 2 tablespoons butter, melted
- 1 tablespoon snipped fresh parsley OR 1/2 tablespoon parsley flakes
- 1/2 teaspoon garlic salt
- Paprika, optional

Remove stems from mushrooms and set aside for another use. Set mushroom caps aside. In medium bowl, stir together eggs, crumbs, cheese, onion, wine, butter, parsley, and garlic salt until well combined. Fill each mushroom cap with 1 rounded tablespoon of egg mixture. Place filled caps on lightly greased baking sheet.

Bake in preheated 450° F oven until heated through, about 8 to 10 minutes. Sprinkle with paprika, if desired.

EGG ENTREE

12 eggs
2 cans cream-style corn
4 C. grated, sharp Cheddar cheese
2 (4 oz.) cans chopped green chiles
1 T. Worcestershire sauce
1 T. salt
1/2 tsp. pepper

Preheat oven to 325°F. Put eggs in large bowl and beat well. Add Worcestershire sauce, salt and pepper. Blend thoroughly. Add remaining ingredients and stir with a large spoon until well blended. Pour into a well-greased 13 x 9-inch baking dish. Bake 1 hour and 15 minutes or until firm to the touch. Cut into squares to serve.

NOTE: Recipe can easily be cut in half. This may be prepared ahead of time, covered and refrigerated. Remove from refrigerator at least 2 hours before baking and remove the covering of the casserole. Place in a preheated oven and bake for 1 hour and 15 minutes, or until firm to the touch.

EGG FOO YUNG

- 5 eggs
- 1/2 C. shredded scallions
- 1 C. bean sprouts, drained well if canned

Mix all together and fry in patties. Smother with Chinese Gravy.

Chinese Gravy

- 1 C. chicken broth
- 1 tsp. sugar
- 1 tsp. soy sauce
- 1/4 tsp. MSG
- 1 T. cornstarch, mixed with a little water
- Salt
- Pepper

Cook over low heat until thick. Serve over Egg Foo Yung.

CLASSIC COOKED EGG NOG

- 6 eggs
- 1/4 cup sugar
- 1/4 teaspoon salt (optional)
- 1 quart milk* divided
- 1 teaspoon vanilla,
- Garnishes or Stir-Ins (optional)

In large saucepan, beat together eggs, sugar and salt, if desired. Stir in 2 cups of the milk. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film and reaches at least 160°F. Remove from heat. Stir in remaining 2 cups milk and vanilla. Cover and refrigerate until thoroughly chilled, several hours or overnight. Just before serving, pour into bowl or pitcher. Garnish or add stir-ins, if desired. Serve immediately.

*For faster preparation heat milk until very warm before stirring milk into eggs and sugar.

MICROWAVE: In 2-quart liquid measure or bowl, beat together eggs, sugar and salt, if desired, until thoroughly blended. Set aside. In 1-quart liquid measure or bowl, cook 2 cups of the milk on full power until bubbles form at edges, about 5 to 6 minutes. Stir into egg mixture. Cook on 50% power until mixture is thick enough to coat a metal spoon with a thin film and reaches at least 160°F, about 5 to 6 minutes. Stir in remaining 2 cups milk and vanilla. Continue as above.

EGG SALAD PIZZA CONES

- 1/4 cup bottled reduced-fat creamy Italian salad dressing
- 1/2 teaspoon Italian seasoning, crushed
- 6 hard-cooked eggs, chopped
- 1/4 cup sliced green onions with tops
- 1/4 cup minced pepperoni
- 6 plain ice cream cones
- Chopped mushrooms, green peppers, black olives as desired
- 3/4 cup pizza sauce
- 2 tablespoons grated Parmesan cheese

In medium bowl, stir together dressing and seasoning. Stir in eggs, onions and pepperoni. Cover and refrigerate until ready to serve.

To serve, scoop about 1/3 cup of the mixture into each cone. Top with about 2 tablespoons pizza sauce and mushrooms, peppers and olives as desired. Sprinkle each with about 1 teaspoon cheese.

EGGS ALFONSO

- 4 (1/2-inch) slices Italian bread
- 4 oz. sliced lean cooked ham
- 1 can (15 oz.) tomato sauce with diced tomato,
- onion, celery and green pepper
- 1/2 teaspoon Italian seasoning, crushed
- 1/8 to 1/4 teaspoon garlic powder
- Water
- 4 eggs
- 1/4 cup (1 oz.) shredded low-moisture part-skim mozzarella cheese

Toast bread. Top each bread slice with 1 ounce of the ham. Set aside.

In large saucepan or deep skillet over medium heat, stir together sauce and seasonings. Bring to boiling. Reduce heat to keep sauce gently simmering. Meanwhile, in large saucepan or deep skillet, bring 2 to 3 inches of water to boiling. Reduce heat to keep water gently simmering. Break cold eggs, 1 at a time, into custard cup or saucer or break several into bowl. Holding dish close to water's surface, slip eggs, 1 by 1, into water. Cook until whites are completely set and yolks begin to thicken but are not hard, about 3 to 5 minutes.

For each serving, spoon 1/4 of the sauce over each ham slice. Top each with an egg and about 1 tablespoon of cheese.

Note: The eggs will take on more flavor – and you'll need one less pan – if you poach them in the sauce. Slip eggs into simmering sauce. Cover. Cook until whites are completely set and yolks begin to thicken but are not hard, about 7 to 8 minutes.

EGGS DEL MONICO

- 1/2 jar small pimento, chopped
- Salt and pepper, to taste
- 1 C. grated American cheese
- 2 cans cream of mushroom soup, undiluted
- 2 hardboiled eggs per person
- English muffins

Add pimento, salt, pepper and cheese to mushroom soup. Heat slowly, stirring constantly. Slice eggs into soup mixture and continue to heat. Slice, butter and toast English muffins. Pour sauce over English muffins. Yields 6 to 8 servings.

EGG SUBSTITUTE

This is a good alternative to whole eggs for those who need to watch their diets.

- 3 egg whites
- 2 T. instant nonfat dry milk powder
- 1 tsp. water
- 2 to 3 drops yellow food coloring (optional)

In a small bowl, combine all ingredients; mix well. Use as a substitute for eggs.
Yields 1 serving (equivalent to 2 eggs).

Diabetic exchanges: 1 very lean meat, 1/2 skim milk

FETTUCINE SUN SALAD

- 1/2 cup cooking oil
- 1/3 cup white wine vinegar
- 1/4 cup grated Parmesan cheese
- 4 sun-dried tomatoes*
- 2 large garlic cloves
- 1 1/2 teaspoons basil leaves, crushed
- 1/8 teaspoon ground red pepper
- 8 ounces spinach fettucine, cooked and drained
- 4 plum tomatoes, seeded and diced
- 1 medium zucchini, halved and sliced
- 1 cup (4 oz.) shredded mozzarella cheese
- 6 hard-cooked eggs, wedged

Put first seven ingredients in blender container. Cover and blend until smooth. Pour into large bowl. Add fettucine, tomatoes, zucchini, and cheese. Toss until evenly coated with dressing. Add eggs and toss gently. Cover and chill to blend flavors.

FIESTA-IN-A-FLASH OMELET

- 1 cup corn kernels (cut from 2 ears) or 1 can (7 to 8 3/4 oz.) whole kernel corn, drained
- 2 tablespoons chopped green chilies
- 1/8 teaspoon chili powder
- 1/2 cup chopped tomato, drained
- 4 eggs
- 1/4 cup water
- 1 teaspoon butter or cooking oil OR cooking spray
- 1/4 cup (2 oz.) shredded reduced-fat cheddar cheese, divided
- Sliced pitted ripe olives, optional
- Cilantro sprigs, optional

In small bowl, stir together corn, chilies, chili powder and tomato. Cover and cook on full power until hot, about 1 minute 15 seconds. Cover and set aside.

In 9-inch pie plate, heat butter on full power until melted, about 45 seconds. Tilt pan to coat bottom evenly with butter. Set aside. In small bowl, beat together eggs and water. For each omelet, pour 1/2 cup of the egg mixture into plate. Cover **tightly** with plastic wrap. Cook on full power 2 to 3 minutes, rotating 1/4 turn every 30 seconds. Do not stir. When top is thickened and no visible liquid egg remains, fill with 1/2 cup reserved corn mixture and 1 tablespoon cheese. Fold omelet in half and slide onto serving plate. Top with 1/4 cup of the corn mixture and 1 tablespoon of the cheese. Garnish with olives and cilantro, if desired. Repeat with remaining ingredients.

FLUFFY OMELET WITH CRAB NEWBURG SAUCE

- 3 T. butter
- 1/4 C. flour
- 1/4 tsp. dry mustard
- 1/8 tsp. freshly ground pepper
- 1 C. milk
- 4 eggs, separated
- 1/2 tsp. salt

Preheat oven to 325°F. Butter a 12 x 7-inch baking dish.

Melt 3 tablespoons butter in a saucepan. Blend in flour, mustard and pepper. Add milk gradually, stirring constantly until sauce is thickened. Cool slightly.

Beat egg yolks until thick. Add sauce to egg yolks. Beat egg whites and 1/2 teaspoon salt until stiff peaks form. Gently fold into sauce. Pour mixture into the prepared baking dish and bake for 20 minutes, or until knife inserted in center comes out clean. Serve in baking dish immediately with Crab Newburg Sauce.

Crab Newburg Sauce

- 1/4 C. butter
- 2 T. chopped onions
- 1 1/2 C. sliced fresh mushrooms
- 1/4 C. flour
- 1/2 tsp. salt
- 1/2 tsp. paprika
- Freshly-ground pepper, to taste
- 1 1/2 C. milk
- 1 tsp. Worcestershire sauce
- 2 egg yolks, slightly beaten
- 2 T. dry white wine
- 3/4 lb. crab meat

Melt butter in a skillet and gently cook onions and mushrooms until soft. Add flour, salt, paprika and pepper. Gradually add milk and Worcestershire sauce and cook, stirring constantly, over medium heat until thick and bubbly. Remove from heat and cool slightly. Stir in beaten egg yolks. Add white wine and crab meat. Keep warm in the top of a double boiler until serving time.

FRITTATA

- 1 (6 oz.) jar marinated artichoke hearts
- 2 T. butter
- 1 C. Dole® Fresh Mushrooms, sliced
- 1/4 C. chopped scallions
- 6 eggs
- 1 1/2 tsp. garlic salt
- 2 T. white wine
- 2 T. grated Parmesan cheese

Drain artichoke marinade into a 10-inch ovenproof skillet. Add butter and melt. Sauté mushrooms until golden. Add artichoke hearts and scallion, tossing until heated through. Turn heat to medium. Beat eggs with garlic salt and wine until blended. Pour over mushroom mixture. DO NOT STIR. Cook slowly until sides are bubbly. Sprinkle with cheese and place under broiler until cheese is browned and eggs are set. Serve directly from skillet. Makes 4 servings.

FRITTATA O'BRIEN

- 1 tablespoon butter
- 1 1/2 cups frozen potatoes O'Brien (about 6 to 7 oz.)
- 1/4 teaspoon salt, if desired
- 4 eggs
- 1/4 cup water
- 1/4 cup (1 oz.) shredded Cheddar, American, or Monterey Jack cheese

Preheat broiler. Wrap handle of 10-inch omelet pan or skillet with foil to make it ovenproof.

In skillet over medium heat, heat butter until just hot enough to sizzle a drop of water. Add potatoes and season with salt, if desired. Stir occasionally until lightly browned, about 5 to 7 minutes.

In small bowl, beat together eggs and water until blended. Pour over potatoes. Cover. Cook until eggs are almost set, 4 to 5 minutes. Sprinkle with cheese. Broil about 6 inches from heat until eggs are completely set and cheese melts, about 2 to 3 minutes. Cut into halves to serve.

FROSTY BLUEBERRY CUSTARD

- 2 cups fresh or frozen blueberries
- 4 eggs
- 2 cups buttermilk
- 1/2 cup sugar
- 1 1/2 tablespoons lemon juice
- 2 envelopes unflavored gelatin
- 1 (8 oz.) carton non-fat lemon yogurt, optional

Set aside 8 to 10 blueberries for garnish, if desired. Place remaining blueberries in blender container. Set aside. In medium saucepan, beat together eggs, buttermilk, sugar, and juice until blended. Sprinkle with gelatin. Let stand 1 minute. Cook over low heat, stirring constantly, until mixture just coats a metal spoon with a thin film and reaches 160°F. Pour over berries in blender container. Cover. Blend at high speed until well blended, about 30 seconds. Pour into 5-cup mold. Chill until set, several hours or overnight. To serve, unmold on platter. Garnish with yogurt and reserved berries, if desired.

FROZEN CUSTARD ICE CREAM

- 6 eggs
- 2 cups milk
- 3/4 cup sugar
- 2 to 3 tablespoons honey
- 1/4 teaspoon salt
- 2 cups whipping cream
- 1 tablespoon vanilla
- Crushed ice
- Rock salt

In medium saucepan, beat together eggs, milk, sugar, honey and salt. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film and reaches at least 160°F. Cool quickly by setting pan in ice or cold water and stirring for a few minutes. Cover and refrigerate until thoroughly chilled, at least 1 hour. When ready to freeze, pour chilled custard, whipping cream and vanilla into 1-gallon ice cream freezer can. Freeze according to manufacturer's directions using 6 parts ice to 1 part rock salt. Transfer to freezer containers and freeze until firm.

GARDEN OMELET

- 2 tablespoons bottled reduced-fat Italian salad dressing
- 1/2 cup shredded carrots
- 1/4 cup chopped green onions with tops
- 1/4 cup chopped green pepper
- 1/2 cup chopped peeled cucumber
- 1 medium tomato, chopped
- 8 eggs
- 1 cup skim milk
- 1/2 teaspoon salt, optional
- 4 teaspoons cooking oil, divided
- 1 cup alfalfa sprouts

In small saucepan over medium heat, cook dressing, carrots, onions, and peppers until tender. Stir in cucumber and tomatoes. Set aside; keep warm.

Beat together eggs, milk, and salt, if desired. In 7-to 10-inch omelet pan over medium heat, heat 1 teaspoon oil until just hot enough to sizzle a drop of water. Pour in 1/2 cup of the egg mixture. Mixture should set immediately at edges. With inverted pancake turner, carefully push cooked portion at edges toward center, tilting pan and moving cooked portions so uncooked portions can reach hot pan surface. When top is thickened and no visible liquid egg remains, fill with 1/4 of the vegetable mixture and 1/4 cup alfalfa sprouts. Fold omelet in half. Invert onto plate. Repeat for remaining omelets.

GARLICKY EGG POACH

- 1 teaspoon cooking oil
- 2 tablespoons minced garlic (6 to 7 cloves)
- 1 can (14 1/2 oz.) reduced-sodium chicken broth
- 1/2 cup water
- 1/2 teaspoon paprika
- 1/8 teaspoon ground red pepper
- 1 can (3oz.) boned chicken, undrained
- 2 eggs
- 1/2 cup toasted croutons or stuffing cubes
- 2 tablespoons shredded or grated Parmesan cheese
- 2 tablespoons thinly sliced green onions with tops

In medium saucepan over medium heat, cook garlic in hot oil, stirring frequently until lightly browned. Add broth, water, and seasonings. Bring to boiling. Reduce heat to simmering and cook 15 minutes. Stir in chicken.

Break cold eggs, one at a time, into bowl. Holding bowl close to broth's surface, slip eggs into soup. Cook until whites are completely set and yolks begin to thicken but are not hard, about 3 to 6 minutes. Place 1/4 cup croutons in each of 2 (12-ounce) bowls. With slotted spoon, gently place eggs on croutons. Ladle about 1 1/3 cups soup over each egg. Sprinkle with cheese and onions.

GOAT CHEESE SOUFFLÉS

- 1 1/2 T. butter (more for buttering ramekins)
- 1 1/2 T. flour
- 1 C. milk
- Sea salt
- Freshly-ground black pepper
- 5 eggs, separated
- 8 oz. goat cheese

Preheat oven to 400°F. Place baking sheet on bottom rack of oven. Generously butter four 1 1/2 cup ramekins; place in freezer.

In a small pan over medium heat, melt butter. When foam subsides, add flour and whisk to combine. Cook, whisking constantly, until mixture begins to darken (this is a roux!). Slowly add milk, whisking so lumps do not form, and simmer until mixture thickens. Remove from heat. Season generously with salt and pepper. Whisk in egg yolks. Set aside.

Place egg whites and a large pinch of salt in the bowl of a mixer. Mix until whites form fairly stiff peaks. Using a rubber spatula, add a third of the egg whites to sauce and fold until combined. Add sauce to remaining egg whites and fold until well mixed. Crumble cheese over mixture. Fold mixture once or twice to disperse cheese, but do not break it up. Remove ramekins from freezer. Spoon mixture into them, being careful not to smear sides and leaving 1/2 inch on top.

Place ramekins on baking sheet and bake 16 to 18 minutes, until soufflés have risen and are still a little wobbly. Remove from oven and serve immediately.

GREEN CHILE FRITTATA

- 1/2 C. all-purpose white flour
- 1 tsp. baking powder
- 10 eggs, lightly beaten
- 1/4 lb. butter, melted, slightly cooled
- 2 C. small-curd cottage cheese
- 1 lb. Monterey Jack cheese, grated
- 3 (4 oz.) cans diced green chiles
- Salt, to taste

Preheat oven to 350°F. Butter a 13 x 9-inch shallow baking dish. Mix flour and baking powder. Add eggs and butter, blending well. Blend in remaining ingredients. Put mixture in the prepared baking dish and bake for 35 to 45 minutes, or until set. Cut into squares and serve very hot.

GREEN CHILE QUICHE

- 1 (9-inch) frozen pie crust shell
- 1 (4 oz.) can chopped green chiles, drained
- 1/4 C. ripe olives, quartered
- 1 C. shredded Cheddar cheese
- 3 eggs
- 1/2 C. milk

Spread green chiles over bottom of pie crust. Place olives on top of chiles. Sprinkle cheese on top. Beat together eggs and milk; pour over cheese. Bake on cookie sheet in 375°F oven 30 to 35 minutes or until knife inserted 2 inches from edge comes out clean. Let stand 10 minutes before serving.

HALF-HOUR DINNER

- 3/4 cup uncooked regular rice
- 1 can (10 3/4 oz.) condensed cream of celery soup, undiluted
- 3/4 cup water
- 1 can (2 to 2 1/2 oz.) sliced mushrooms, drained (optional)
- 6 eggs
- 1/2 cup (2 oz.) shredded Swiss cheese (optional)

In large skillet, stir together rice, soup and water. Cover. Bring to boiling. Reduce heat to simmering. Simmer covered 5 minutes. Stir in frozen peas. Simmer covered 5 minutes longer. Stir in mushrooms, if desired. Make 6 indentations in rice mixture. Break an egg into each indentation. Cover. Continue cooking over low to medium heat until eggs are almost set, 3 to 5 minutes. Sprinkle with cheese, if desired. Cover. Cook until whites are completely set and yolks begin to thicken but are not hard, about 5 to 7 minutes.

* To separate peas in package, gently hit against counter.

HARVEST HOLIDAY BAKE

- 3 eggs
- 1/3 cup firmly packed brown sugar
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon salt (optional)
- 1 package (10 oz.) frozen winter squash, thawed
- 1 can (16 oz.) solid pack pumpkin
- 1/4 (1 oz.) cup chopped pecans, toasted*
- Toaster pecans (optional)

In large bowl, beat together eggs, sugar, spice and salt, if desired, until blended. Stir in squash, pumpkin and chopped pecans.

Pour into lightly greased round 2-quart baking dish. Smooth top. Bake in preheated 350°F oven until lightly browned and cake tester or knife inserted near center comes out clean, about 30 to 35 minutes. Garnish with pecan halves, if desired.

*To toast pecans, place nuts single layer on baking sheet. Bake in preheated 350°F oven, stirring occasionally, for 10 to 15 minutes.

HOMESTYLE GOOD MORNING CASSEROLE

- 4 slices bread, crust trimmed
- 6 eggs
- 1 1/2 cups skim or low-fat milk
- 4 slices cooked turkey bacon, crumbled
- 1/4 cup (1 oz.) shredded reduced-fat Cheddar cheese, divided
- 1/4 cup (1 oz.) shredded reduced-fat Swiss cheese, divided
- 1/3 cup sliced mushrooms
- 1/4 teaspoon seasoned salt, optional
- 1/2 cup frozen hash brown potatoes, thawed

Across bottom of lightly greased 9 x 9 x 2-inch baking dish, arrange bread slices, slightly overlapping. Set aside.

In large bowl, beat together eggs, milk, bacon, 2 tablespoons each of Swiss and Cheddar cheeses, mushrooms and salt, if desired. Pour mixture over bread slices. Sprinkle potatoes and remaining cheeses over egg mixture. Cover and refrigerate overnight.

Bake, uncovered, in preheated 350°F oven until lightly browned and knife inserted near center comes out clean, about 40 to 45 minutes.

HONEY MUSTARD VEGETABLE SCRAMBLE

- 1 teaspoon butter or cooking oil **OR** cooking spray
- 1/2 cup shredded carrots
- 1/3 cup chopped onions
- 1/3 cup chopped sweet red pepper
- 1/4 cup chopped green pepper
- 4 eggs
- 1 Tablespoon skim milk
- 1 tablespoon honey mustard
- 1/4 teaspoon salt, optional
- 1/8 teaspoon pepper
- 2 whole wheat pita breads, halved
- Additional honey mustard Lettuce leaves

In 10-inch omelet pan or skillet, heat butter until just hot enough to sizzle a drop of water. Add carrots, onions, and peppers. Cook over medium heat, stirring occasionally, until vegetables are tender but not brown.

In medium bowl, beat together eggs, milk, mustard, salt, if desired, and pepper until blended. Pour over vegetables. Continue cooking over medium heat. As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large soft curds. Continue until eggs are thickened and no visible liquid egg remains.

To serve, spread each pita half with mustard, line with lettuce leaves, and spoon in about 1/2 cup of egg mixture.

HOT AND SOUR OMELET

- 2 eggs
- 2 tablespoons water
- 1/4 teaspoon prepared hot mustard
- 1 tablespoon margarine
- 3/4 cup frozen, seasoned Oriental vegetables, cooked according to package directions
- Sweet and Sour sauce, warmed (optional)

In small bowl, beat together eggs, water, and mustard until well blended. In 10-inch non-stick omelet pan over medium-high heat, heat margarine until just hot enough to sizzle a drop of water. Pour in egg mixture. Mixture should set immediately at edges. With an inverted pancake turner, push cooked portions from the edges of the pan toward the center so uncooked portions can spill onto the hot pan surface. Tilt the pan as necessary, keeping the bottom covered with egg. When top is thickened and no visible liquid egg remains, fill one-half of the omelet with vegetables. With pancake turner, fold omelet in half. Invert to serve. Spoon sauce over omelet, if desired.

HOT ASPARAGUS EGG SALAD

- 4 Kaiser rolls
- 1 package (0.9 oz.) Hollandaise sauce mix
- 1 teaspoon cornstarch
- 1 1/4 cups water
- 1 teaspoon lemon juice
- 2 cups fresh asparagus pieces, cooked, drained OR 1 package (10 oz.) frozen asparagus cuts, cooked, drained
- 1/2 cup chopped lean cooked ham
- 1 can (4 oz.) sliced mushrooms, drained
- 4 hard-cooked eggs, sliced

Cut 1/2 inch off tops of rolls. From the bottom piece, remove inside crumb, leaving 1/2-inch border on bottom and sides. Place rolls and tops on baking sheet in preheated 400°F oven until crisp and lightly browned, about 6 to 8 minutes.

Empty sauce mix into medium saucepan. Stir in cornstarch. Slowly stir in water and blend until smooth. Cook over medium heat, stirring constantly, until mixture boils. Remove from heat and stir in lemon juice.

Stir in asparagus, ham and mushrooms. Gently fold in eggs. Cook over low heat just until heated through, about 2 or 3 Minutes. Place rolls on serving plates and fill each with about 1 cup of mixture.

HOT CHOCOLATE SOUFFLE

- 1 cup skim milk
- 1/2 cup sugar, divided
- 1/3 cup unsweetened cocoa
- 1/4 cup all-purpose flour
- 1/8 teaspoon salt, optional
- 1/2 teaspoon vanilla
- 4 eggs, separated
- 1/2 teaspoon cream of tartar

In covered jar or blender container, shake or blend together milk, 1/4 cup of the sugar, cocoa, flour and salt, if desired. In medium saucepan over medium heat, cook, stirring constantly, until mixture boils and is smooth and thickened. Stir in vanilla. Set aside.

In large mixing bowl at high speed, beat egg whites with cream of tartar until foamy. Add remaining sugar, 2 tablespoons at a time, beating constantly until sugar is dissolved and whites are glossy and stand in soft peaks. (Rub just a bit of meringue between thumb and forefinger to feel if sugar is dissolved.) Stir egg yolks into reserved sauce until well blended. Gently, but thoroughly, fold yolk mixture into whites. Carefully pour into 1 1/2- to 2-quart souffle dish or straight-sided casserole.

Bake in preheated 350°F oven until puffy, delicately browned and souffle shakes slightly when oven rack is gently moved back and forth, about 30 to 40 minutes. Serve immediately.

HUEVOS RANCHEROS

- 2 medium onions, finely chopped
- 1 T. oil
- 1/4 C. red chile sauce
- 1 T. green chile sauce
- 1 (8 oz.) can tomato sauce
- 1/2 tsp. dried oregano, crumbled
- 3 large tomatoes, peeled, seeded and chopped
- 1 to 2 tsp. chopped fresh cilantro
- 6 corn tortillas
- Oil, as needed
- 6 fried eggs, sunny side up
- 12 slices avocado

Sauté onions in 1 tablespoon oil until transparent. Add red and green chile sauces, tomato sauce and oregano; bring to a boil. Lower heat and simmer, uncovered, for 15 minutes, stirring occasionally.

Add chopped tomatoes and cilantro. Heat thoroughly and keep warm.

Fry tortillas on both sides in hot oil and dip in sauce, coating both sides. Place on individual serving dishes and top with a fried egg. Spoon remaining sauce evenly over eggs and top with avocado slices. Pass extra green chile sauce.

IMPOSSIBLE QUESADILLA PIE

- 2 (4 oz.) cans diced green chiles
- 2 C. milk
- 4 C. grated cheese
- 4 eggs
- 1 C. Bisquick®

Sprinkle chiles and cheese in a 10-inch pie plate. Blend milk, Bisquick® and eggs in a blender until smooth. Pour over cheese and chiles. Bake at 425°F for 25 to 30 minutes, or until done.

ITALIAN SPINACH AND EGG ROLLS

- 6 lasagne noodles
- 1 package (10 oz.) frozen chopped spinach, thawed, drained and pressed
- 1/2 cup (4 oz.) part-skim ricotta cheese
- 1/2 cup (2 oz.) low-moisture part-skim shredded mozzarella cheese
- 4 hard-cooked eggs, chopped
- 3 eggs, beaten
- 1/2 cup chopped green onions with tops
- 1 1/2 teaspoons Italian seasoning, crushed
- 1 jar (14 oz.) spaghetti sauce
- Grated Parmesan cheese, optional

Cook noodles according to package directions. Drain well. Set aside. In medium bowl, stir together remaining ingredients except spaghetti sauce and Parmesan cheese until well combined.

Spread half of the spaghetti sauce over bottom of greased 11 x 7 x 1 1/2-inch baking dish. Spread a scant 2/3 cup of the spinach mixture over 1 of the cooked noodle strips. Starting at short end, roll up strip. Place roll, seam-side down, in baking dish. Repeat with remaining noodles and spinach mixture. Spoon remaining sauce over rolls. Cover tightly with aluminum foil.

Bake in preheated 350°F oven 20 minutes. Remove foil. Continue baking until heated throughout, about 15 to 20 minutes. Sprinkle with Parmesan cheese, if desired.

LEMON CUSTARD WITH FRUIT TOPPING

- 4 eggs
- 1/2 cup sugar
- 3 tablespoons lemon juice
- 2 teaspoons grated lemon peel
- 1 1/2 teaspoons vanilla
- 1/4 teaspoon salt, optional
- 3 cups skim or low-fat milk, heated until very hot
- Cooking spray
- Sliced fresh strawberries
- Jam, jelly or fruit preserves
- Lemon peel strips, optional
- Fresh mint leaves, optional

In medium bowl, beat together eggs, sugar, juice, grated peel, vanilla and salt, if desired, until well blended. Stir in milk. Place 6 (6-ounce) spray-coated custard cups in large baking pan. Pour egg mixture into custard cups. Place pan on rack in preheated 350°F oven. Pour **very** hot water into pan to within 1/2 inch of top of custards.

Bake until knife inserted near center comes out clean, about 25 to 30 minutes. Remove promptly from hot water. Cool on wire rack about 5 to 10 minutes. Serve warm or chilled. Invert onto individual plates. Arrange sliced strawberries around each custard. Spoon jam on top of each custard. Garnish with lemon peel strips and mint leaves, if desired.

LEMON PINEAPPLE FROSTIES

- 1/2 cup sugar
- 2 tablespoons cornstarch
- 2 cups unsweetened pineapple juice
- 3 eggs
- 1/3 cup lemon juice
- 1 cup fresh or frozen blueberries, pureed

In small saucepan, stir together sugar and cornstarch. Stir in pineapple juice until thoroughly blended. Cook over medium heat, stirring constantly, until mixture boils. Stir a little of the hot mixture into eggs, then stir back into hot mixture. Reduce heat to low and stir until mixture bubbles, about 2 minutes. Stir in lemon juice.

Spoon into 6 (6 oz.) custard cups or gelatin molds. Freeze several hours or overnight.

To serve, spoon about 2 1/2 tablespoons puree onto each plate and gently place unmolded frosties in center.

MARDI GRAS EGGS

These are great for football games or picnics.

- 4 large hardboiled eggs
- 1/4 C. flour
- 1 lb. bulk sausage
- 1 egg, beaten
- 1 C. seasoned bread crumbs
- Vegetable oil for frying

Roll hardboiled eggs in flour. Mold sausage around eggs. Roll eggs in beaten egg and dredge in bread crumbs. Fry in deep fat heated 350°F to 375°F until golden brown.

COOKED MAYONNAISE

- 2 egg yolks
- 2 tablespoons vinegar or lemon juice
- 2 tablespoons water
- 1 teaspoon sugar
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- Dash pepper
- 1 cup cooking oil

In small saucepan, stir together egg yolks, vinegar, water, sugar, mustard, salt and pepper until thoroughly blended. Cook over very low heat, stirring constantly, until mixture bubbles in 1 or 2 places. Remove from heat. Let stand 4 minutes. Pour into blender container. Cover and blend at high speed. While blending, **very** slowly add oil. Blend until thick and smooth. Occasionally, turn off blender and scrape down sides of container with rubber spatula, if necessary. Cover and chill if not using immediately.

MERRY MERINGUE CAKE

- 4 eggs, separated
- 1/2 teaspoon cream of tartar
- 1 1/4 cups sugar, divided
- 1/2 cup butter, softened
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup milk
- 2 teaspoons grated lemon peel
- 1 tablespoon lemon juice

Preheat oven to 350°F. In medium mixing bowl, beat egg whites with cream of tartar at high speed until foamy. Add 3/4 cup of the sugar, 2 tablespoons at a time, beating constantly until sugar is dissolved and whites are glossy and stand in soft peaks. Set aside.

In large mixing bowl, beat together butter and remaining sugar at medium speed until light and fluffy. Add egg yolks and beat until thoroughly blended. In small bowl, stir together flour, baking powder, and salt. Add to batter alternately with milk, blending well after each addition. Beat in lemon peel and juice.

Pour into 2 (8 x 1 1/2-inch round) cake pans lined on bottom with waxed paper. Spread reserved meringue over batter in each pan, gently smoothing tops.

Bake for 25 minutes. Turn off oven. Let stand in oven 5 minutes. Cool on wire racks. To serve, stack layers on serving plate or platter.

MEXICAN LASAGNA

- 6 eggs
- 2 tablespoons water
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 5 large (10-inch) flour tortillas
- 1 can (15 oz.) refried beans with green chilies, divided
- 2 cups (8 oz.) shredded reduced-fat Cheddar cheese, divided
- 1/2 cup part-skim ricotta cheese
- 1 jar (12 oz.) salsa, divided
- 1 cup shredded zucchini
- Cilantro sprigs, optional

In medium bowl, beat together eggs, water, chili powder and cumin until well blended. In 10-inch skillet over medium heat, melt butter. Pour in egg mixture. Cover and cook over low heat until eggs are almost set, about 7 to 9 minutes. Set aside.

Place a tortilla in bottom of lightly greased 9 or 10-inch springform pan. Spread with 1/2 of the beans and 1 cup of the Cheddar cheese. Top with another tortilla, ricotta cheese, and 1/2 cup of the salsa. Top with another tortilla, the reserved cooked egg and 1/2 cup of the salsa. Top with another tortilla, the remaining beans, the zucchini, and 1/2 cup of the Cheddar cheese. Top with the remaining tortilla.

Bake in preheated 350°F oven 20 minutes. Remove from oven and top with remaining salsa and Cheddar cheese. Bake 10 minutes more. Let stand 5 to 10 minutes. Remove rim of pan and cut into wedges to serve. Garnish with cilantro sprigs, if desired.

MEXICAN OMELET

- 3/4 C. chopped avocado
- 1/3 C. sour cream
- 2 T. chopped green chile
- 1 T. chopped scallion
- 1 tsp. lemon juice
- 1/4 tsp. salt
- Dash of Tabasco sauce
- 2 T. butter or margarine
- 1 corn tortilla, torn into pieces
- 6 beaten eggs
- 1 C. shredded Monterey Jack cheese

In a small bowl, combine the first 7 ingredients. In a 10-inch ovenproof skillet, melt the butter over medium heat and add the tortilla pieces. When tortilla is soft, pour eggs into the skillet and cook 3 to 5 minutes, lifting eggs to allow the uncooked portion to flow underneath. Remove from heat; sprinkle egg evenly with cheese and place skillet in a 325°F oven for 3 to 4 minutes or until the cheese melts. Spread avocado mixture on top 1/2 omelet and return it to the oven for 5 to 7 minutes. Fold the omelet in half to serve.

MEXICAN QUICHE

- 4 (6-inch) flour tortillas
- 4 oz. jack cheese with peppers, sliced
- 1/2 tsp. chili powder
- 2 C. milk
- 4 eggs, beaten
- 1/2 tsp. salt
- 1 (3 oz.) can French fried onions
- 1/4 tsp. dry mustard

Press one flour tortilla in each of four casseroles; top with cheese slices and about 3/4 of the onion rings. In saucepan, heat milk to almost boiling. Gradually add hot milk to eggs, blending well; stir in salt, chili powder and mustard. Divide egg mixture between casseroles. Bake at 350°F for 23 minutes. Top with remaining onions and bake 5 minutes more. Let stand at room temperature for 5 minutes before serving. Makes 4 individual casseroles.

NEST EGGS

- 6 Nabisco® Shredded Wheat Biscuits, finely rolled (about 1 3/4 cups crumbs)
- 3 T. butter or margarine, melted
- 3 oz. pasteurized process American cheese, grated (about 3/4 cup)
- 6 eggs
- 6 T. milk
- Salt
- Ground black pepper
- Paprika

Toss shredded wheat crumbs and butter or margarine until well blended. Place 1/4 cup of mixture in each of 6 (6 ounce) greased custard cups, pressing mixture against bottom and sides with the back of a spoon to within 1/2 inch of top. Spoon half of cheese into cups. Top with 1 egg and 1 tablespoon milk per cup; sprinkle with salt and pepper. Cover with remaining cheese and spoon remaining shredded wheat mixture around edges. Sprinkle with paprika. Place on cookie sheet. Bake in a preheated moderate oven (350°F) 15 to 20 minutes, or until eggs are baked to desired firmness.

OASIS EGGS

- 1 tablespoon butter or cooking oil OR cooking spray
- 3 cups thinly sliced Chinese cabbage
- 1/2 cup sliced green onions with tops
- 1 package (8 oz.) refrigerated flake-style imitation crabmeat
- 6 eggs
- 1 tablespoon reduced-sodium soy sauce
- 1/4 teaspoon ground ginger
- Additional green onions, (optional)
- Tomato wedges (optional)

In 10- to 12-inch skillet over medium-high heat, heat butter until just hot enough to sizzle a drop of water. Add cabbage and onions. Cook, stirring frequently, until cabbage is crisp-tender, about 2 to 3 minutes. Add crabmeat and continue cooking until heated throughout.

In medium bowl, beat together eggs, soy sauce and ginger until blended. Pour over cabbage mixture. As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large soft curds. Continue until eggs are thickened and no visible liquid egg remains. Do not stir constantly. Garnish with additional green onion and tomato wedges, if desired.

OMELET PIQUANT

- 1/2 cup chopped sweet red and/or green pepper
- 1/2 cup water, divided
- 1 can (8.5 oz.) cream-style corn
- 1 can (4 oz.) chopped green chilies
- 2 tablespoons finely chopped green onion with tops
- 3/4 teaspoon garlic powder
- 6 eggs
- 1 tablespoon butter or cooking oil OR cooking spray
- 3/4 cup prepared taco sauce
- Fresh cilantro leaves, optional

In small saucepan, combine pepper and 2 tablespoons of the water. Cover and cook over medium heat, stirring occasionally, until pepper is tender, about 4 to 5 minutes. Add corn, chilies, onion and garlic powder. Cook, stirring occasionally, until heated through. Keep warm.

In small bowl, beat together eggs and remaining water until blended. For each omelet, heat 1 teaspoon of the butter in 7- to 10-inch omelet pan over medium-high heat until just hot enough to sizzle a drop of water. Pour in 1/2 cup of the egg mixture. With an inverted pancake turner, carefully push cooked portions at edges toward center so uncooked portions can reach hot pan surface, tilting pan and moving cooked portions as necessary. When top is thickened and no visible liquid egg remains, spoon 1/2 cup of the reserved corn mixture across center of omelet. With pancake turner, fold sides of omelet over corn mixture. Slide from pan onto plate. Spoon on 1/4 cup of the taco sauce. Garnish with cilantro leaves, if desired. Repeat for remaining omelets.

ORANGE RUM SAVARIN

- 2 cups all-purpose flour
- 1 1/4 cups sugar, divided
- 1 package active dry yeast
- 1/2 teaspoon salt
- 1/2 cup (1 stick) butter
- 1/3 cup skim or low-fat milk
- 6 eggs
- 3/4 cup raisins or currants
- 1/2 cup chopped nuts
- 1/2 cup orange juice
- 1/2 teaspoon rum flavoring

In large mixing bowl, stir together flour, 1/4 cup of the sugar, yeast and salt. Set aside. In small saucepan over medium heat, heat butter and milk until warm (120° to 130°F). Add to dry ingredients. Add eggs, one at a time, beating at low speed until blended. At high speed, beat 3 minutes more. Stir in raisins and nuts. Cover and let rise in warm place until doubled in size, about 1 to 1 1/2 hours. Stir down. Spoon into greased 9-cup fluted tube pan. Cover and let rise in warm place until doubled, about 45 minutes. Bake in preheated 350°F oven until lightly browned, and cake tester inserted near center comes out clean, about 20 to 25 minutes. Cool in pan 10 minutes. Invert onto serving platter.

In small saucepan, stir together remaining 1 cup sugar and orange juice. Cook over medium-high heat, stirring constantly, until mixture boils. Remove from heat. Stir in flavoring. With fork, pierce bread at 1-inch intervals. Slowly spoon orange syrup over bread until absorbed.

ORANGE SPICE PICKLED EGGS

- 8 hard-cooked eggs
- 1 1/2 cups white vinegar
- 1/4 cup water
- 1 can (6 oz.) frozen orange juice concentrate
- 1 cinnamon stick, broken
- 8 whole cloves, crushed

Arrange eggs in 1-quart jar with tight-fitting lid.

In medium saucepan, stir together all remaining ingredients. Bring to boiling. Reduce heat and gently simmer 5 minutes.

Pour hot mixture over eggs. Cover tightly. Store in cool place OR cool at room temperature 1 hour. Refrigerate to blend flavors, at least several days or up to several weeks. After opening, refrigerate and use within 1 week.

ORIENT EGGSPRESS

- 1 package (6 oz.) frozen snow pea pods
- 1 medium sweet red or green pepper, cut in julienne strips
- 1/4 cup water
- 1 can (8 oz.) sliced water chestnuts
- 1 can (5 oz.) chunk chicken
- 3 tablespoons teriyaki sauce
- 1 1/2 teaspoons cornstarch
- 3/4 teaspoon garlic powder
- 4 hard-cooked eggs, wedged
- 3 cups cooked brown rice

In medium saucepan, stir together pea pods, pepper, and water. Cover. Cook over medium heat until vegetables are tender, about 5 minutes. Drain liquid from chestnuts and chicken into small bowl or cup. Add sauce, cornstarch, and garlic powder. Stir until smooth. Pour over vegetables. Cook, stirring constantly, until mixture boils and thickens.

Stir in chestnuts and chicken. Gently fold in eggs. Reduce heat to low. Cook until heated throughout, about 2 to 3 minutes. To serve, spoon over cooked rice.

OVEN-STYLE SCOTCH EGGS

- 1 pound bulk turkey, pork or Italian sausage
- Fine dry bread crumbs or cornmeal
- 8 plain or pickled hard-cooked eggs**
- 1/3 cup fine dry bread crumbs or cornmeal
- 1 egg, beaten

Divide sausage into 8 (2-ounce) portions. On lightly crumb-sprinkled surface, pat out each portion to about 1/8-inch thickness. Wrap completely around 1 of the hard-cooked eggs, pressing edges together to seal. Repeat with remaining sausage and hard-cooked eggs. Roll sausage-coated eggs in crumbs and dip in beaten egg. Place on baking sheet and bake in preheated 375°F oven until lightly browned, about 20 minutes.

** To pickle, drain **1 can (16 oz.) sliced beets**, reserving juice. Set beets aside for another use. In medium saucepan, combine reserved beet juice, **1 3/4 cups white vinegar, 1 cup sugar, 1 1/2 tablespoons whole allspice and 1 stick cinnamon, halved**. Bring to boiling, stirring until sugar is dissolved. Reduce heat and simmer 5 minutes. Arrange 8 hard-cooked eggs in 1-quart jar with tight-fitting lid. Pour hot mixture over eggs. Cover tightly.

Store in cool place OR cool at room temperature 1 hour. Refrigerate to blend flavors, at least several days or up to several weeks. After opening, refrigerate and use within 1 week.

PICKLED EGGS

- 3 C. beet juice or cooking water from fresh beets
- 1 C. red wine vinegar
- 8 whole black peppercorns
- 4 whole allspice
- 4 whole cloves
- 1 bay leaf
- 6 hard cooked eggs, peeled

Heat beet juice, vinegar, peppercorns, allspice, cloves and bay leaf to boiling; pour over eggs. Cover and refrigerate at least 24 hours.

PORTABLE PASTA SALAD

- 1 cup (8 oz.) reduced-fat sour cream
- 1 can (4 oz.) diced green chilies
- 1 teaspoon ground cumin
- 9 lasagna noodles, cooked and drained
- 1 can (12 oz.) Mexican-style whole kernel corn, drained*
- 4 cups shredded lettuce
- 1 jar (16 oz.) salsa, divided
- 12 hard-cooked eggs**, sliced, divided
- 1 cup (4 oz.) shredded reduced-fat Monterey Jack cheese, divided

In small bowl, stir together sour cream, chilies and cumin until well blended. Place 3 of the noodles across bottom of 13 x 9 x 2-inch baking dish. Over noodles, evenly layer 1/2 cup of the corn and 1 1/3 cups of the lettuce. Dollop with 3/4 cup of the salsa. Evenly layer with slices from 5 of the eggs and sprinkle with 1/3 cup of the cheese. Repeat layers substituting sour cream mixture for salsa. Repeat layers again with remaining ingredients using 3/4 cup of the salsa and remaining 2 eggs. Dollop with 1/4 cup salsa. Cover and chill to blend flavors. To serve, cut into squares. Serve a portion of all layers.

*Substitute 1 1/2 cups cooked and drained fresh corn kernels (about 3 medium ears) and 2 tablespoons each finely chopped sweet red and green pepper, if desired.

POTATO CHIP QUICHE LORRAINE

- 1 1/2 C. finely crushed potato chips
- 1 tsp. paprika
- 1 C. half-and-half
- 1 C. whipping cream
- 3 eggs, beaten
- 1/4 lb. bacon, cooked crisp and crumbled
- 2 T. sliced scallions
- 1/4 tsp. salt
- Dash each pepper and nutmeg
- 2 C. grated Swiss cheese

Combine chips and paprika; gently press into bottom and 1 1/2 inches up sides of 8-inch springform pan.

In saucepan warm half-and-half and cream; beat into eggs to blend. Stir in remaining ingredients. Pour into crust. Bake in 375°F oven 30 to 35 minutes, until custard is set and golden. Makes 6 servings.

POT OF GOLD

- 8 eggs
- 1 cup milk
- 1 tablespoon instant minced onion
- 1/2 teaspoon salt (optional)
- 1 quart cubed day-old or older bread (about 6 slices)
- 1 cup shredded carrots
- 1 cup (4 oz.) shredded Cheddar cheese

In large bowl, beat together eggs, milk, onion and salt, if desired, until blended. Stir in remaining ingredients. Pour into greased 1 1/2-quart casserole. Cover. Refrigerate several hours or overnight.

Uncover. Bake in preheated 350° F oven until knife inserted near center comes out clean, about 55 to 60 minutes.

PUMPKIN RAISIN CUSTARDS

- 3 eggs, slightly beaten
- 1 can (16 oz.) solid pack pumpkin
- 1 can (13 oz.) evaporated milk
- 1/2 cup firmly packed brown sugar
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon salt, optional
- 1/2 cup raisins

In large bowl, beat together eggs, pumpkin, milk, sugar, spice and salt, if desired, until well blended. Place 6 (6- to 10-ounce) custard cups in large baking pan. Pour about 2/3 cup egg mixture into each custard cup. Sprinkle each with about 1 tablespoon raisins. Place pan on rack in preheated 350° F oven. Pour **very** hot water into pan to within 1/2 inch of top of custards.

Bake until knife inserted near center comes out clean, about 50 to 60 minutes. Remove promptly from hot water. Cool on wire rack about 5 to 10 minutes. Serve warm or refrigerate to serve chilled.

QUICHE LORRAINE

- 1 (9-inch) pastry shell
- 1/4 lb. sliced bacon, cut into 1-inch pieces
- 2 C. cream or milk
- 3 eggs, well beaten
- Salt and freshly-ground pepper, to taste
- A grating of fresh nutmeg
- 1/2 C. diced or shredded Gruyere or Swiss cheese

Prick the bottom of the pie crust thoroughly with a fork to prevent it from bubbling up during cooking.

Fry the bacon in a large skillet over high heat until much of the fat is rendered out, but do not fry it until it is crisp. Drain the bacon on paper towels.

Combine the cream, eggs, salt, pepper, and nutmeg in a bowl and mix well. Place the bacon in the bottom of the pie shell, followed by the cheese. Pour the egg mixture into the shell and bake in a preheated 375°F oven for 30 to 40 minutes, until the top is golden brown and a wooden pick inserted in the center comes out clean.

Allow to cool and serve lukewarm. Serves 6 to 8.

SALMON QUICHE

- 1 (10-inch) unbaked pie shell
- 1 (15 1/2 oz.) can Bumble Bee® Pink Salmon
- 1 (9 oz.) pkg. frozen chopped spinach
- 1 1/2 C. shredded Monterey Jack cheese
- 3 oz. cream cheese, softened
- 1/2 tsp. salt
- 1/2 tsp. thyme, crumbled
- 4 eggs, lightly beaten
- 1 C. milk

Preheat oven to 375°F. Bake pie shell 10 minutes until partially set. Drain salmon. Remove skin, if desired. Mash bones. Cook spinach according to package directions. Drain well. Combine spinach, Monterey Jack cheese, cream cheese, salt and thyme. Arrange salmon and mashed bones in pie shell. Spoon spinach mixture on top. Combine eggs and milk. Pour over salmon and spinach. Bake in preheated oven 40 to 45 minutes. Let stand 10 minutes before serving. Makes 6 to 8 servings.

SAUSAGE QUICHE

- 1/2 lb. Bob Evans Farms® Roll Sausage
- 1 unbaked 9-inch pie crust
- 1 tsp. butter
- 1 medium onion, chopped
- 1/2 C. grated Swiss cheese
- 4 eggs
- 1 C. milk
- 1 C. heavy cream
- 1/2 tsp. salt
- 1/4 tsp. pepper

Crumble sausage and cook until brown. Remove sausage and add butter and onions to drippings. Cook for 5 minutes.

Cover bottom of pie crust with sausage, onions and 1/4 cup cheese.

In mixing bowl combine remaining cheese, eggs, milk, cream, salt and pepper. Mix well and pour over sausage mixture. Bake at 425°F for 15 minutes. Reduce heat to 350°F and continue baking until brown and well set (approximately 20 minutes longer). Serves 6.

SAVORY EGGS ON TORTILLAS

- Cooking Spray
- 1 cup sliced leek or sliced green onions with tops
- 1/2 cup (2oz.) chopped reduced-fat pepperoni
- 2 tablespoons water
- 6 eggs
- 1/3 cup non-fat or low-fat (1%) milk
- 2 tablespoons grated Parmesan cheese
- 4 (7-inch) flour tortillas, warmed
- Salsa, optional
- Additional grated Parmesan cheese, optional
- Thinly sliced orange, optional
- Thinly sliced avocado, optional
- Thinly sliced sweet red pepper rings, optional

In spray coated 10-inch nonstick omelet pan or skillet over medium heat, cook leek, pepperoni and water until leek is tender but not browned. In medium bowl, beat together eggs, milk and 2 tablespoons cheese until well blended. Pour into skillet over leek. As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large soft curds. Continue until eggs are thickened and no visible liquid egg remains. Do not stir constantly.

For each serving, top one warmed tortilla with 1/4 of the cooked eggs. Fold tortilla in half, then half again. Top with salsa, if desired. Sprinkle with additional Parmesan cheese, if desired. Garnish with orange, avocado and pepper, if desired.

SCRAMBLED MOZZARELLA EGGS

- 6 extra large eggs
- 1/3 C. milk
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1/4 lb. mozzarella cheese, coarsely shredded

Preheat oven to 350°F. Put butter in a 9-inch round metal cake pan in the oven just long enough to melt but not brown; remove and swirl butter to coat bottom and sides of pan. Beat eggs, milk, salt and pepper to blend. Pour into prepared pan and place in oven. When mixture begins to set, in about 5 minutes, draw a large spoon or spatula around sides and bottom of the pan to form large curds. Repeat process at 1 minute intervals for 2 or 3 times, depending on how set you want eggs. Remove from pan with sweeping motions of the spoon or spatula, and fold in mozzarella. Serve at once!

SEAFOOD SOUFFLE

- Butter or cooking spray
- Fine dry bread crumbs, cornmeal or grated Parmesan cheese
- 1/3 cup butter
- 1/3 cup all-purpose flour
- 1 teaspoon dry mustard
- 3/4 teaspoon salt, optional
- 1 1/2 cups non-fat or low-fat (1%) milk
- 6 eggs, separated
- 3/4 teaspoon cream of tartar
- 1 can (4.25 oz.) tiny shrimp, well drained or 1 package (4 oz.) tiny frozen cooked shrimp, thawed and well drained
- 1 can (6.5 oz.) chopped or minced clams, well drained or 6 to 7 oz. chopped cooked and well drained fresh clams
- 1/2 cup chopped green onions with tops
- 2 tablespoons lemon juice

Butter bottom and sides of 2- to 2 1/2-quart souffle dish or straight-sided casserole. Dust with crumbs. Make 4-inch wide band of triple-thickness aluminum foil long enough to go around dish and overlap 2 inches. Lightly butter 1 side of band and dust with crumbs. Wrap around outside of dish, dusted side in, and fasten with tape, paper clips or string. Collar should stand at least 2 inches above rim of dish. Set aside.

In medium saucepan over medium-high heat, melt butter. Stir in flour, mustard and salt, if desired. Cook, stirring constantly, until smooth and bubbly. Stir in milk all at once. Cook and stir until mixture boils and is smooth and thickened. Set aside.

In large mixing bowl, beat egg whites with cream of tartar at high speed until stiff but not dry, just until whites no longer slip when bowl is tilted. Stir egg yolks into reserved sauce until thoroughly blended. Stir in shrimp, clams, onions and juice. Gently, but thoroughly, fold yolk mixture into whites. Carefully pour into prepared dish.

For a "top hat", hold spoon upright and circle mixture to make ring about 1 inch from side of dish and 1 inch deep. Bake in preheated 350° F oven until puffy, delicately browned and souffle shakes slightly when oven rack is moved gently back and forth, about 50 to 60 minutes. Quickly, but gently, remove collar. Serve immediately.

SHRIMP CHILE QUICHE

- 1 Pet-Ritz® Regular Pie Crust Shell, thawed
- 2 eggs
- 1 small can Pet® evaporated Milk
- 2 T. flour
- 3/4 tsp. garlic salt
- 1/2 C. (2 oz.) shredded Cheddar cheese
- 1/2 C. (2 oz.) shredded Monterey Jack cheese
- 1/2 C. chopped onion
- 1 (4 oz.) can Old El Paso® Green Chiles
- 1 (4 1/2 oz.) can Orleans® De-veined Medium Shrimp, drained

Preheat oven and cookie sheet to 450°F. Partially bake pie shell about 6 minutes. Remove from oven. Reduce oven temperature to 350°F. Beat together eggs, evaporated milk, flour and garlic salt. (Mixture need not be smooth). Stir in cheese, onion and chiles. Pour into pie shell. Spread shrimp on top of custard mixture. Bake on preheated cookie sheet until knife inserted in center comes out clean, about 35 to 40 minutes. Cool 15 minutes before serving.

SOUTHERN STUFFED EGGS

- 12 hardboiled eggs
- 1/2 tsp. salt
- 1 tsp. dry mustard
- 1/5 tsp. pepper
- 5 slices bacon, crisply fried and finely crumbled
- 1/2 C. mayonnaise or salad dressing
- 1/2 to 1 tsp. white vinegar
- Paprika

Cut peeled eggs in half lengthwise. Take out yolks and mash with fork. Mix in salt, mustard, pepper, bacon, mayonnaise and vinegar. Fill egg whites with yolk mixture. Sprinkle with paprika. Keep covered in refrigerator. 1/4 cup finely chopped sweet pickles may be substituted for bacon for a different flavor.

SOUTHWESTERN QUICHE

- Prepared pie crust dough
- 1 large tomato, sliced
- 2 1/4 oz. can sliced black olives
- 6 scallions, chopped
- 8 oz. Monterey Jack with jalapeños, grated
- 4 eggs
- 1 T. flour
- 1/2 C. half and half
- Pinch of nutmeg

Preheat oven to 375°F. Place pie crust in an 8- or 9-inch pie pan. Arrange tomato slices on bottom. Drain olives. Over tomatoes, sprinkle olives, onions and cheese. Beat eggs with flour, half and half and nutmeg. Bake 50 minutes or until lightly brown on top. Makes 6 to 8 servings.

SPICEY RICEY VALENTINE PUDDING

- 1 jar (14 oz.) spiced apple rings
- 1 cup cooked rice
- 4 eggs
- 1/2 cup milk
- 2 teaspoons sugar
- 1 teaspoon vanilla
- 1 1/2 teaspoons cornstarch

Drain apple juice into a liquid measure and set aside. Chop 3 of the slices into a small bowl. Stir in rice. Spoon about 1/3 cup of the mixture into each of 4 greased 6-ounce custard cups. Place cups in large baking pan.

Thoroughly blend eggs, milk, sugar and vanilla. Pour over rice in each cup. Place pan on rack in preheated 350°F oven. Pour very hot water into pan to within 1/2 inch of top of custard. Bake until knife inserted near center comes out clean, 25 to 30 minutes. Remove promptly from hot water. Cool slightly on wire rack.

Slowly blend 1 1/2 cups reserved apple juice into cornstarch. Cook over medium heat, stirring constantly, until mixture boils. Unmold custards onto serving dishes. Top with apple syrup.

SPRING DELIGHT SANDWICHES

- 4 uncut French rolls or baguettes, about 6 x 3 inches
- 1 package (10 oz.) frozen asparagus tips, cooked, drained
- 1 jar (2.5 oz.) sliced mushrooms, drained
- 1 jar (2.5 oz.) sliced pimientos, drained
- 1 cup (8 oz.) low-fat (1%) cottage cheese
- 2 tablespoons reduced-fat mayonnaise
- 1/4 teaspoon salt, optional
- 4 hard-cooked eggs, sliced

Slice off tops of rolls at about 1 1/2 inches from bottom crust. With fork, pull or scrape out insides of bottom pieces, leaving about 1/2-inch wall all around. Reserve crumbs for another use. Place rolls and tops cut-side up on baking sheet or in baking pan. Bake in preheated 375°F oven until lightly toasted, about 10 minutes.

In medium saucepan, cook asparagus according to package directions. Drain and return to saucepan.

Place cottage cheese, mayonnaise, and salt, if desired, in blender container. Cover and blend at medium speed until smooth. Stir into vegetables. Cover and cook over low heat, stirring occasionally, until heated through. Gently stir in eggs. Spoon into toasted rolls. Serve filled rolls with toasted tops alongside.

STARS AND STRIPES FOREVER SALAD

- 1 bag (10 oz.) fresh spinach, torn into bite sized pieces
- 1 cup chopped onion
- 3 large sweet red peppers
- 6 hard cooked eggs, chopped
- Prepared poppyseed dressing

In a large bowl, mix together spinach and onions. Place salad in a. 13 x 9 inch glass dish or plastic container. Cut off tops and bottoms of peppers; remove seeds. Cut peppers in half with a horizontal cut, and remove membranes. Using a 2 inch or smaller star shaped cookie cutter, cut 5 stars from each pepper. Place pepper stars in rows of 3 down and 5 across. Place eggs in rows between the stars. Serve with Paris Honey dressing.

Paris Honey Dressing:

3/4 cup white vinegar
2/3 cup honey
1 Scallion
2 teas. salt
1 teas. black pepper
2 teas. garlic powder
1 teas. celery salt
1 teas. parsley flakes
1 teas. tarragon

Combine all ingredients in blender and blend on high.
While blending, add SLOWLY in the middle:

1 cup peanut oil

When mixed, pulse in: 1 Tbls. poppy seeds

STRATA DEJONGHE

- Cooking spray
- 4 cups (about 7 to 8 oz.) plain stuffing cubes
- 6 ounces tiny frozen cooked shrimp, thawed and drained
- 1/4 cup snipped fresh parsley
- 6 eggs
- 1 1/2 cups non-fat milk
- 1 1/2 to 2 teaspoons garlic powder
- 1/2 teaspoon salt (optional)
- Cooked asparagus spears (optional)

In 8x8x2-inch baking dish evenly coated with cooking spray, stir together stuffing cubes, shrimp, and parsley. In medium bowl, beat together eggs, milk, and seasonings until well blended. Pour evenly over stuffing mixture. Cover. Refrigerate several hours or overnight.

Preheat oven to 350°F. Uncover baking dish. Bake until golden brown and knife inserted near center comes out clean, about 50 to 60 minutes. Garnish with asparagus spears, if desired.

STRAWBERRY RHUBARB CUSTARD PIE

- 1 1/4 cups sugar
- 1/2 cup all-purpose flour
- 2 cups diced fresh rhubarb
- 1 cup sliced fresh strawberries
- 1 (9-inch) unbaked deep-dish pie shell
- 4 eggs
- 1/4 cup skim or low-fat milk
- 1 teaspoon almond extract
- Fresh strawberries, optional

Preheat oven to 425°F.

In medium bowl, stir together sugar and flour. Add rhubarb and strawberries. Gently toss until evenly coated. Spoon rhubarb mixture evenly into pie shell. In same bowl, beat together remaining ingredients until well blended. Pour over rhubarb mixture.

Bake at 425°F for 15 minutes. Reduce heat to 350°F and bake until knife inserted near center comes out clean, an additional 25 to 30 minutes. Cool on wire rack. Garnish with fresh strawberries, if desired.

SWISS BACON PLEASERS

- 6 slices bacon
- 1 (8 oz.) pkg. crescent rolls
- 4 slices Swiss cheese
- 3 eggs, slightly beaten
- 3/4 C. milk
- 1 T. instant minced onion
- 1 T. diced parsley

Cook, drain and crumble bacon; set aside. Separate rolls into 4 rectangles and press into 2 well-greased and floured 8-inch square pans. Place 2 cheese slices over dough in each pan. Combine eggs, milk and onion; pour 1/2 milk mixture over cheese in each pan. Sprinkle 1/2 bacon and parsley over each pan. Bake at 425°F for 15 to 18 minutes. Cut into 2-inch squares.

SWISS OMELET ROLL

- 1 1/2 C. mayonnaise, divided
- 2 T. mustard
- 1/2 C. chopped scallions, divided
- 2 T. flour
- 1 C. milk
- 12 eggs, separated
- 1/2 tsp. salt
- 1/8 tsp. pepper
- Cooking spray
- 1 1/2 C. finely chopped ham
- 1 C. shredded Swiss cheese
- Watercress to garnish (optional)

Combine 1 cup mayonnaise, mustard and 1/4 cup scallions. Mix well and set aside. Combine remaining mayonnaise and flour. Gradually add milk and beaten egg yolks. Cook, stirring constantly over low heat, until thickened. Remove from heat and cool 15 minutes. Beat egg whites until stiff. Fold mayonnaise mixture, salt and pepper into whites, combining thoroughly. Pour into a 15 x 10-inch jellyroll pan lined with wax paper coated with cooking spray. Bake at 425°F for 20 minutes.

Invert on towel; carefully remove the wax paper. Mix the ham, cheese and 1/4 cup scallions together and spread on the roll. Roll from narrow end, lifting with towel while rolling. Place on serving dish seam down and top with the mustard sauce. Garnish with the greenery of your choice. Watercress is especially nice. Yields 6 to 8 servings.

TAKE-A-BREAK BARS

- 1/2 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt, optional
- 1 1/2 cups chopped mixed dried fruit
- 2/3 cup oatmeal
- 1/3 cup chopped peanuts
- 6 eggs
- 2/3 cup firmly-packed brown sugar
- 1/2 cup chunk-style peanut butter
- 1 teaspoon vanilla

In medium bowl, stir together flour, baking powder, cinnamon and salt, if desired. Stir in fruit, oatmeal and peanuts. Set aside. In large bowl, beat together eggs, sugar, peanut butter and vanilla until smooth. Stir in reserved flour mixture. Pour into greased 11 x 7 x 1 1/2-inch baking pan. Bake in preheated 350°F oven until cake tester inserted in center comes out clean, about 20 to 25 minutes. Cut into 12 bars. Remove from pan. Cool on wire rack.

TANGY RASPBERRY SALAD

- 2 tablespoons olive oil
- 1/3 cup water
- 3/4 cup raspberry vinegar
- 1 tablespoon orange juice
- 3/4 teaspoon finely minced garlic
- Salt to taste
- Pepper to taste
- 8 cups loosely packed, torn mixed salad greens (12 oz.)
- 1 1/2 cups fresh or frozen (no sugar added) raspberries
- 1 tablespoon chopped green onion with top
- 6 hard-cooked eggs, quartered

In jar with tight-fitting lid, shake together oil, water, vinegar, orange juice, garlic and seasonings. Set aside while preparing salad or refrigerate.

Place salad greens in large bowl. Add raspberries, onions, and eggs. Shake dressing again; pour over salad. Gently toss until ingredients are evenly coated with dressing.

TOMATO QUICHE

- 2 medium tomatoes
- Pastry for one crust 9-inch pie
- 4 eggs
- 1 1/2 C. milk
- 2 C. shredded Swiss cheese
- 1/2 C. chopped onions
- 1 1/4 tsp. salt
- 1/4 tsp. ground black pepper

Hold tomatoes at room temperature until fully ripe. Cut one into small dice; slice the second tomato. Set both aside separately. Roll pastry to fit a 9-inch pie pan. Fit pastry into pan and flute edges. Prick bottom and sides of pastry. Refrigerate for 10 minutes. Bake in a preheated 450°F oven until golden, about 8 minutes. Remove pie shell. Reduce oven temperature to 325°F.

In a medium bowl lightly beat eggs. Stir in milk, cheese, onions, salt, black pepper and reserved diced tomato. Pour into baked pie shell. Bake for 30 minutes. Top with reserved sliced tomatoes. Bake until a knife inserted in center comes out clean, about 25 minutes longer. Let pie stand at room temperature for 10 minutes before cutting.

TORTILLA QUICHE

- 1 (12-inch) flour tortilla
- 1 1/2 C. grated Monterey Jack cheese
- 1 C. grated sharp Cheddar cheese
- 1 (4 oz.) can chopped green chiles
- 3 eggs
- 1 C. sour cream
- 1/4 tsp. salt
- 1/8 tsp. cumin

Preheat oven to 350°F. Place tortilla in bottom of a lightly greased 10-inch pie plate. Sprinkle Jack cheese and half of Cheddar cheese over tortilla. Sprinkle chiles over cheese.

Beat eggs, sour cream, salt and cumin. Pour over chiles and top with the remaining Cheddar cheese. Bake for 45 minutes. Let sit 10 minutes before cutting. Makes 6 servings.

TRATTORIA FRITTATA

- 8 ounces bulk Italian sausage
- 1 cup chopped green pepper
- 1 teaspoon fennel seed
- 8 eggs
- 1/2 cup (4 oz.) part-skim ricotta cheese
- 1 teaspoon garlic powder
- 1 small tomato, thinly sliced
- 1/4 cup (1 oz.) shredded part-skim mozzarella cheese

In 10-inch omelet pan or skillet with ovenproof handle+ over medium heat, cook sausage, green pepper and fennel seed, stirring to break sausage apart, until sausage is browned, about 3 to 5 minutes. Drain well. Return to pan.

In medium bowl, beat together eggs, ricotta cheese and garlic powder until blended. Pour into pan over sausage mixture. Cover. Cook over medium heat until eggs are almost set, about 8 to 10 minutes. Top with tomato slices. Sprinkle with mozzarella cheese. Broil about 6 inches from heat until cheese is melted, about 1 to 2 minutes. Cut into wedges and serve from pan or slide from pan onto serving platter.

+To make handle ovenproof, wrap completely with aluminum foil.

TURKEY TARRAGON QUICHE

- 1 (9-inch) baked pie shell
 - 3/4 cup (3 oz.) shredded Swiss cheese
 - 1/2 cup chopped cooked turkey or chicken or 1 can (5 to 6 3/4 oz.) chunk turkey or chicken
 - 1 can (4 oz.) sliced mushrooms, drained
 - 1/4 cup chopped green onions with tops or 1 tablespoon instant minced onion
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- 6 eggs 1 1/2 cups non-fat milk
 - 1 teaspoon instant chicken bouillon
 - 1/2 teaspoon tarragon leaves, crushed

Preheat oven to 375°F. Sprinkle cheese, turkey, mushrooms, and onions into pie shell. In medium bowl beat together remaining ingredients until well blended. Pour into pie shell.

Bake in oven until knife inserted near center comes out clean, 30 to 40 minutes. Let stand 5 minutes before serving.

TUTTI-FRUTTI MERINGUE ROUND

- 1 cup plus 3 tablespoons sugar
- 2 teaspoons cornstarch
- 1 teaspoon grated orange peel
- 4 eggs, separated
- 2 cups low-fat vanilla yogurt
- 1/2 teaspoon cream of tartar
- 4 cups assorted fresh fruit (whole blueberries, cherries, raspberries and/or grapes: sliced peaches, strawberries, apples, carambolas (star fruit) and/or peeled kiwi fruit; and/or melon balls)

In medium saucepan, stir together 3 tablespoons of the sugar, cornstarch and orange peel. Stir in egg yolks and yogurt until well blended. Cook over medium heat, stirring constantly, until mixture boils and thickens. Cover and chill thoroughly.

In large mixing bowl at high speed, beat egg whites with cream of tartar until foamy. Add remaining 1 cup sugar, 2 tablespoons at a time, beating constantly until sugar is dissolved and whites are glossy and stand in stiff peaks. (Rub just a bit of meringue between thumb and forefinger to feel if sugar has dissolved.) With spoon or pastry bag, spread mixture over bottom of lightly greased or lined (foil or waxed, brown or parchment paper) 12-inch pizza pan, forming a rim around sides. Bake in preheated 225°F oven until firm and cake tester or wooden pick inserted in center comes out clean, about 1 to 1 1/2 hours. Turn off oven. Let stand in oven with door closed until cool, dry and crisp, at least 1 additional hour.

To serve, spread chilled custard evenly over baked meringue shell. Arrange fruits in a decorative pattern over custard. Cut into wedges and serve immediately.

VICHYSOISE TART

- 6 eggs, divided
- 1/2 teaspoon onion salt
- 2 cups mashed potatoes*, cooled slightly
- 1 cup thinly sliced leeks
- 2 tablespoons water
- 1 can (5 oz.) chunk chicken
- Skim or low-fat milk
- 1 tablespoon lemon juice
- Dill sprigs, optional

In medium bowl, beat together 1 of the eggs and the onion salt. Add potatoes. Stir until well blended. Spread over bottom and up sides of lightly greased 9-inch pie plate or shallow baking dish. Set aside.

In small saucepan over medium heat, cover and cook leeks and water, stirring occasionally, until tender, about 8 to 10 minutes. Drain. Drain chicken into liquid measure. Add milk to make 1 cup. Set milk mixture aside. Stir together drained chicken and leeks. Spoon into prepared crust. Beat together remaining eggs, lemon juice and reserved milk mixture until blended. Pour over leeks and chicken.

Bake in preheated 375°F oven until puffed and knife inserted near center comes out clean, about 30 to 40 minutes. Garnish with dill sprigs, if desired.

*Four servings, if using instant potatoes.

YOGURT DEVEILED EGGS

- 6 hard-cooked eggs
- 1/4 cup plain low-fat yogurt
- 1 teaspoon instant minced onion
- 1 teaspoon parsley flakes or freeze-dried chives
- 1 teaspoon lemon juice or dry vermouth
- 3/4 teaspoon prepared mustard
- 1/4 teaspoon salt, optional
- 1/4 teaspoon Worcestershire sauce
- 1/8 teaspoon pepper
- Dash paprika

Cut eggs in half lengthwise. Remove yolks and set whites aside. In small bowl, mash yolks with fork. Stir in yogurt, onion, parsley, juice, mustard, salt, if desired, Worcestershire, pepper and paprika until well blended. With spoon or pastry bag, refill whites using about 1 tablespoon yolk mixture for each egg half.

OR, place yolks in food-storage bag. Add remaining ingredients, except egg white halves, to the bag. Close bag. Knead the bag until everything is well blended & smooth. Push the contents toward the corner. Snip about 1/2-inch off the corner of the bag. Squeezing the bag gently, fill the reserved whites with the yolk mixture. Chill to blend flavors.